TOLL

## LIVE Class Schedule

## JAN 13 - JAN 19 45 Minute Classes

Log Into Your Account, Book Your Classes and Let's iGnite!
Once class is led LIVE, you can view in STUDIO by 12:00 pm CST

JAN 13	JAN 14	JAN 15	JAN 16	JAN 17	JAN 18	JAN 19
8:30 am CST  No Repeats: Strength, Cardio & Core	6:00 am CST  No Impact Compound Strength  t All Out Thrusters	6:00 am CST  POWER Cardio + Side Body Sculpt	6:0 oam CST  Cardio Dance + Full Body Sculpt	8:30 am CST  Unilateral Strength & Balance + 10 Minute Stretch	Power walk, light jog, bike ride, or swim, and stretch	Happy Sunday!  Rest & enjoy your day doing what you love with the ones you love!
Dumbbells	Dumbbells Booty Band	Low Bench/Step Pilates Ball Ankle Weights	Weights	Dumbbells Yoga Block Booty Band		
45-Minute	45-Minute	45-Minute	45-Minute	45-Minute		